

BRIDGES

CITY FACES:

Up close and personal with the Amati Quartet **P. 8**

MUSIC:

History lives in Paddy Tutty's sweet songs **P. 15**

ON THE SCENE:

At the SWN Vacation Dinner — A Fairy Tale Ball **P. 22**

WEDNESDAY, OCTOBER 9, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

BILLION DOLLAR LENTIL MAN

HOW ALFRED SLINKARD QUICKENED THE PULSE OF SASKATCHEWAN FARMING **P. 10**



FREE

INVENTORY

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BRIDGES PHOTOS
BY MICHELLE BURNS



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Saskatchewan asparagus grow 96 per cent of Canada's supply. PHOTO COURTESY SASK FARM SERVICES

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Saskatoon's Revocable neighbourhood has a firm in Dey City. PHOTO BY MICHELLE BERG

CORRECTION:

In the Oct. 2 issue, the Sharp Data column contained incorrect information regarding Coill's opening date in Regina. The opening is scheduled for mid-November. Bridges regrets the error.

BRIDGES COVER PHOTO BY MICHELLE BERG

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IN THE CITY

OCTOBER 5, 2013 - 7:31 P.M.

Lighting the way



As sales and friends gathered to raise funds for the Leukemia & Lymphoma Society of Canada's (LLSC's) Light the Way Walk at Kew Gardens Memorial Park last Saturday, hundreds of people carried glowing heart-shaped lanterns to bring light to the dark world of cancer. During LLSC's walk, coloured lanterns showcased participants' mission to the cause: a white lantern for blood cancer survivors, a red one to walk as a supporter and a gold one in memory of a loved one. **WILHELM PHOTO BY BOBBI MORTIMER**

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YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphenix.com

MY FAVOURITE PLACE

Reporter appreciates the diversity of Riversdale

By Angelina Irimaci

Deya Levy remembers a very different 20th Street in Saskatoon while he was growing up. Now the CHROM digital reporter resides in the Riversdale neighbourhood and takes full advantage of the changing area. He says that he appreciates the diversity of Riversdale and sees the positivity in a gentrifying street. His favourite place to take it all in is at the Park Café, where he says he's clearly gaining "regular" status, even among those who have been stopping by the café for decades. Around once a week, Levy grabs a cup of coffee, sees friends or reads a newspaper at the café as his favourite spot in Saskatoon.

Q. Why do you love the Riverside area?

A. I love it because I've been coming to Saskatoon since I was a kid. My mom's side of the family is all from here and I find 30th Street especially between avenues A and L is just so much different from when I was a kid. Everyone talks about how Saskatoon is growing, expanding, or booming, or whatever you want to call it, and 20th Street is the best kind of evidence for that change. It's kind of impressive.

Q. What has changed since you were a kid?

A. It was the street that you didn't go to, it's a really big way. Every thing went off by itself, you can consider it lost area. I don't think that was necessarily the case, even at the time, but today that's definitely not the reality of this part of the city. It's a pretty happening place and lots of different people are moving into the area.

Q. Are you happy to be in the area change?

A. Absolutely. That's what I love about it. You've got the gentrification side of things, like the new more upscale spots, but you've also



"Saskatoon is growing, and 20th Street is the best kind of evidence for that change. It's kind of impressive," says Deya Levy at the Park Café. BRIDGES PHOTO BY MICHELLE BROWN

got the Mennonite thrift stores on either side of the road. You think that was a day out of both — go for a super nice cup of coffee then pick yourself up a cheap bed if you need to.

Q. What kinds of things do you do in the area?

A. I do spend a lot of time here at the Park Café because I live around the block. I spend a lot of time people watching and eating breakfast. That's also another favourite thing about this part of town, how

many different people you see. It's a big corridor for moving people from one end of town to the other, and you're got this great mix of people — working, doing business and people living around the area, and they all come together.

Q. What do you like about the Park Café?

A. Part of it is the proximity to my house and the sheer awesomeness of the eggs benedict. I'm a sucker for the hollandaise. It's too bad for the fitness thing, but what are you

going to do? I think it's a neighbourhood, that's the final straw that I've ever seen. In here, you could be sitting next to an accountant in one booth, then you could have a construction worker behind you and you could have someone who just came from lunch at the Peewee's has grabbed a coffee at the bar.

Q. What's your favourite thing about the area?

A. The diversity. I think it's good for people to see people from different walks of life in their day-to-day

moving about the city. I think that breeds better people.

Q. Would you like to see the area change even more?

A. Absolutely. I think Riversdale has that ever-present dichotomy between gentrification or improvement and a fear that people are getting pushed out. Of course there are going to be challenges with how you navigate that, but I do think that there's room for everybody. This part of town will keep getting better.

READ MY BOOK



Schoolbook author Howard Birnie

HOWARD N. BIRNIE

Romancing the Tee Shot: The Five-Iron Murder

I thought it may be a good idea to write my third novel employing three literary styles, or genres, as the experts call them. I would try to create a fabric, mixing in of colourful threads from sports, romance and mystery. This would attract readers from all three interest groups and should be a boon to our home-based, self-publishing business. Has never sold with my wife as partner. Learning the distribution and marketing game has also been a great challenge for us.

Research has shown that men

do not read books as much as women. It was my hunch that blending golf with the other two genres might lure them to read at least one novel this year.

It turns out that the suggestion was quite a challenge, especially for a retired science teacher whose academic background is not in English.

My protagonist is a 32-year-old female university graduate named Linda who has decided to forsake a teaching career to try to make it on a golf course. I try to describe the curve

of trials of these young women as they compete for a living on a golf tour that winds through the United States and into the Prairie provinces of Canada.

Since I have played competitively for many years, a careful analysis of the great game of golf carries the plot. Our son, a golf professional, ensured I did not make serious golf errors. I try to stay on the safe side of controversial current social problems. The romance theme involves our heroine and a grad who philosophy student. Young adults would enjoy following

their story as they wrestle with the temptations of premarital sex. This whole problem of foreplay is explored between Linda and her boyfriend, Ian, who abandoned the family when she was 15. One of Linda's golfing friends is involved in a same-sex relationship. Prude sexual gaffers have lots to

laugh. Linda's body is found murdered in a hotel, and her fingerprints are everywhere. Weaving the romance and golf through the mystery story will lead to a solution that even the most skilled con artists wouldn't guess. Let me know what you think of novels that mix literary genres. This book is available at McMillan Books and Market Mall. Celine in

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CITY FACES

#AMATI QUARTET

Quartet's first concert features young musical talent

Angelina Irtinich

The University of Saskatchewan Amati Quartet is preparing for its 11th season, with the first concert on Monday. The group plays on rare Amati instruments — out of the three sets in the world, there is the only one being used. The four instruments were made in Italy during the 17th century. An original householder in Saskatchewan collected Amati instruments and kept the four together as a string quartet. They were later sold to the U of S in 1989 for a “nominal” five dollars. First violator and director Maria Cole.

“We are extremely grateful to be able to play these rare,” she says.

During the second half of the season, the quartet will begin the monumental task of completing the Beethoven cycle — 14 string quartets in six concerts. They will begin the Olympean challenge in January and play the second concert in March.

“It really is every musician's dream to play all 14,” says Cole.

But first, the quartet will perform Bach, Vivaldi and Mendelssohn during the opening concert. Cole has hand-picked new, local musicians to perform at the show.

“We have featured winners from competition seasons. These are the next generation of musicians who are going to be great and famous.”

The following is a glimpse of four of the six guest performers.



PHOTO BY MICHELLE KING

Hans Deason

AGE: 19

INSTRUMENT: Cello

LENGTH PLAYING: 10 years

WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER: “I’m always looking for opportunities to perform. It’s great to get this opportunity.”

WHAT PRICE HE’S MOST LOOKING FORWARD TO PLAYING: The Mendelssohn Octet. “It’s really fun to play and there never seems to be a dull moment.”

OTHER MUSICAL INVOLVEMENTS: Saskatchewan Music Festival, toured last summer with La Touche Ju. Ju. Ju. music.

BIGGEST MUSICAL ACCOMPLISHMENT: Winning on a provincial level at the Saskatchewan Music Festival.

SCHOOL/JOBS: Studying mechanical engineering at the U of S. Engineering can get really heavy at times so it’s great to escape from it with the cello.”

WHAT MUSIC MEANS TO HIM: “It’s something to escape from everything else. I can express myself in ways that I never could if music wasn’t part of my life.”

BIGGEST CHALLENGE WITH INSTRUMENT: Playing to learn and play the most difficult Bach.

Arthur Boan



AGE: 20

INSTRUMENT: Violin

LENGTH PLAYING: 16 years

WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER: “It feels great. It’s nice to be appreciated for the work you do.”

WHAT PRICE HE’S MOST LOOKING FORWARD TO PLAYING: The Mendelssohn Octet. “It’s just phenomenal. He does a lot with his harmonies and his melodies are amazing.”

OTHER MUSICAL INVOLVEMENTS: Saskatchewan Youth Orchestra, Saskatchewan Suzuki String, Saskatchewan Symphony Orchestra.

BIGGEST MUSICAL ACCOMPLISHMENT: Playing with the Amati Quartet. “This is the premier ensemble in the province, so it’s a huge deal.”

SCHOOL/JOBS: Studying violin performance at the U of S.

WHAT MUSIC MEANS TO HIM: “I’ve done it forever so it’s like a part of me.”

BIGGEST CHALLENGE WITH INSTRUMENT: Matching timbre with the rest of the ensemble, which is, “trying to make your instrument sound unique, a solo when you’re trying to sound as different as possible.”

Continued on Page 5

Heather Wilson

AGE: 25

INSTRUMENT: Viola

LENGTH PLAYING: Viola for 22 years, viola for 10

WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER: "It's great. The reason that we're playing is some of my favourites."

WHAT PRICE SHE'S MOST LOOKING FORWARD TO PLAYING: (Barenboim) Concerto No. 5 "I'd love to play solo viola, so it's great for me to learn that piece and perform it."

OTHER MUSICAL INVOLVEMENT: Saskatoon Symphony Orchestra, Prairie Winds, teaching with Suzuki program

BIGGEST MUSICAL ACCOMPLISHMENT: Finds it in chamber music. "You can work with your relatives and decide how you want to play."

SCHOOL GOAL: Research assistant and teacher-in-residence



WHAT MUSIC MEANS TO HER: "It's mostly away of expressing myself. When I'm teaching a new instrument, I hope I can teach them to 'love it'."

BIGGEST CHALLENGE WITH INSTRUMENT: Finding solo repertoire for the viola.

Joel MacDonald

AGE: 26

INSTRUMENT: Cello

LENGTH PLAYING: 21 years

WHAT IT'S LIKE TO BE CHOSEN AS A GUEST PERFORMER: "It's a great honour."

WHAT PRICE HE'S MOST LOOKING FORWARD TO PLAYING: Brandenburg Concerto No. 2. "It's like a party for strings, it's a really fun, joyous piece."

OTHER MUSICAL INVOLVEMENT: Regina Symphony Orchestra and Saskatoon Symphony Orchestra

BIGGEST MUSICAL ACCOMPLISHMENT: Last summer he was invited to play in the Youth Orchestra of the Americas. "It was really rewarding to see all the different talents that other musicians have."

SCHOOL GOAL: Studying music education at the University of Regina



WHAT MUSIC MEANS TO HIM: "I couldn't imagine not having music as part of my life which is why I'm studying to be a music teacher. I want to help other kids have music as a part of their lives too."

BIGGEST CHALLENGE WITH INSTRUMENT: "You've got to practice long and hard to make it sound as 'nice'."



CALL FOR NOMINATIONS

The City of Saskatoon, through its Municipal Heritage Advisory Committee, is recognizing work in heritage preservation in Saskatoon through the presentation of Awards/Certificates, under the following:

(A) BUILDING, SITES & GROUNDS

The six project categories are:

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- (vi) Heritage Space

Nominations for each category are provided on the application form.

(B) VOLUNTEER PUBLIC SERVICE

This category is open to both individuals and groups who have demonstrated a long-term commitment to archaeology, history, museums, historic buildings and sites, genealogy and folklore.

(C) EDUCATION

This category is open to both individuals and groups for undertaking endeavours which enhance the public understanding and appreciation of the City's natural and human heritage.

Entry forms are available on the City's website at www.saskatoon.ca (select "bc" for Heritage Awards) and from Main Reception Desk, Front Lobby, City Hall, Saskatoon, Saskatchewan S7K 0J5.

The deadline for submissions is Friday, November 8, 2013 at 5:00 p.m. Any program completed prior to September 1, 2013 is eligible, including non-award winning submissions from past years.

For further information contact Sarah Nixon at 652-1479 or e-mail s.nixon@citysask.ca.

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ON THE COVER

The lentil production recipe had more to do with (Slinkard) than anyone — Lee Moats

ALFREDO SLINKARD

Crop researcher a pioneer for Sask. lentil industry



Alfred Slinkard at his home in Saskatoon's Pendarvis Park neighborhood continues to come to the University of Saskatchewan in 1972 to work at the new Crop Development Centre. BOBOTS PHOTO BY MICHAEL F. BOWEN

By Jenn Sharp

When Dr. Alfred Slinkard began developing lentils, he had no idea his work would have a billion-dollar impact on Saskatchewan's economy.

Slinkard came to work at the new Crop Development Centre (CDC) in 1973 at the University of Saskatchewan and quickly realized Saskatchewan's wasn't quite perfect.

"I saw all this agricultural land,

10 million acres, and only a handful of people working on crop research at that time," he says. "I thought, 'man, there's a lot of potential here!'"

At that time, Saskatchewan's main crops were cereals, particularly wheat. Oilseed crops were grown on small numbers. Protein crops were almost unheard of.

"We needed a protein crop in Saskatchewan," says the 86-

80-year-old scientist.

In the late 1960s, a wheat surplus led to skyrocketing prices and hard times for the province's farmers. The CDC was founded in 1971 to advance economic returns by improving existing crops, creating new ones for traditional crops and developing new crops. The CDC has since released close to 300 consumer crop varieties. Slinkard was responsible for several of these, but

is most famous for the Land and Rye lentil.

Slinkard, who was born in Rockford, Wash., had been working on a pea breeding project at the University of Idaho before coming to Saskatchewan. Then he stayed thinking, "Peas and lentils grow in similar climates. If peas can grow here, then lentils must be able to grow here."

He brought a variety of lentils

from a plant introduction station in Washington. He had little to compare his crops to, at the time only about 500 acres of lentils were grown here, an imported variety from Washington.

"Some farmers were desperately trying to grow something because they couldn't grow or sell their wheat. They did not have the (right) equipment or anything," he says of the first lentil production

Big and bright really catches the customer's eye; when you have a cellophane package and you can see the seed's size and colour. So I said, 'OK, we'll go with the big seeded one.' — *Alfred Slinkard*

By 1974, he had chosen what he thought to be the 10 best producing lentil varieties. He conducted a yield trial with these on small plots. After three more years of research and development, Slinkard had to decide which lentil to use to introduce. He approached it like a good sales man would — with the customer in mind.

"Big and bright really catches the customer's eye, when you have a cellophane package and you can see the seed's size and colour. So I said, 'OK, we'll go with the big seeded one.'"

He named that big green seedling the Lord lentil. Producers began growing it for him in regional trials the next crop year. Slinkard knew that the lentil was ready to go. He and the Lord lentil became the first Canadian lentil variety.

Through further crop trials with farmers, Slinkard learned that the lentil did not have to be left in sun-

dry (which frightened for a year after lentils had been grown). The advantages were enormous.

"You can get a crop every year. You don't make time and money let- ting (land) sit idle."

So Slinkard, a green-eyed specialist in pulse crops with the Government of Saskatchewan, says it was a timely development that added multiple benefits to farming practice. Lentils leave residual nitrogen in the soil for the next crop. This helped to improve the sustainability of crop rotations. Some smaller crops are vulnerable to insects and disease, adding a different crop in the rotation breaks up these disease and insect cycles.

"It provided an entirely new sector to the farming industry in Saskatchewan," he says. (Slinkard) that much more able to compete and more efficient in the world markets for crops," says Rindas.

(Continued on Page 12)



A lentil crop, just combined north of Regina. Paul Hertz

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(Shinkard) was breaking new ground in terms of research and we were growing new varieties and commercializing it. It was our first opportunity to have an open market. We turned the whole world upside down. — Greg Simpson

By 1968, Laredo was the most widely grown lentil variety in the world, with more than one million acres grown in Saskatchewan. There's currently about 3.5 million acres seeded to lentils annually.

"It's above and beyond anything I could ever have dreamed of. Incomprehensible," says Shinkard. "A huge grain spreading across the face."

He released the Laredo lentil soon after in 1969, which is now the market class for small seeded, green lentils. (There are two other market classes, one for red lentils of any size and one for intermediate sized green lentils.)

Canada is now the world's largest exporter of lentils. In an industry worth \$1.3 billion in Saskatchewan, 96 per cent of Canada's lentils come from this province.

Getting Saskatchewan to this point did not happen overnight. Shinkard had to convince farmers who had turned grain for generations. At times, it was a hard sell.

"They didn't have the equipment or the experience. The only thing I had going for me was the fact that the wheat price was so low."

Shinkard wore many hats in those days from scientist to salesman. He travelled throughout Saskatchewan talking to farmers and seed companies about his new crop.

"My selling point was A. B. C. Any thing lentils entails. I used that to get their attention."

"He was a promoter. If Al knew something he was quite willing to promote it and he did an excellent job of that," recalls Leo Monte, the vice chair of Saskatchewan Growers (SNG).

In a province where till growing or red crops were the norm, harvesting equipment was not designed to pick up the low growing lentils, without also picking up clumps of dirt and rocks. As people began growing the Laredo lentil, they also modified their harvesting equipment.



Alfred Shinkard's Laredo lentil, which helped kickstart Saskatchewan's billion-dollar pulse industry. PHOTO BY NICHOLAS PERCUT FOR THE STAR

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They didn't have the equipment or the experience. The only thing I had going for me was the fact that the wheat price was so low — Slinkard

"More and more people got going with it and making money at it," says Slinkard.

For the next 10 years, the limit acreage in Saskatchewan increased every year. The prices also increased.

"It was unbelievable," he exclaims.

Those were exciting, pioneering times for Saskatchewan agriculture recalls Greg Simpson. When Simpson was a student at the U of S in 1970, Slinkard was his crop science professor. Simpson started a seed facility with his brothers Tim and John and Ted Jim in 1990.

He worked closely with Slinkard in these years, telling him about the challenges farmers were having with fertilizers and looking for solutions.

"(Slinkard) was breaking new ground in terms of research and we were growing new varieties and commercializing it."

"It was our first opportunity to have an open market," he says. "We turned the whole world upside down."

Simpson feels, which now has four locations, began with his brother-in-law, a farmer and exports to 70 countries worldwide. Simpson says he owes everything to Slinkard's tenacity.

"Our company is here today because of Al Slinkard."

Spending time with Slinkard is like reading a history on Saskatchewan farming. A member of the Saskatchewan and Canada Agricultural Hall of Fame, he's as sharp as ever. He recalls stories from those early days, like the decision to move to Saskatchewan. He and his wife Marie had four school-aged children when the U of S offered him a job, and they weren't sure they wanted to take the kids out of school. In the end, he decided to make the move and arrived on February 1, 1953, a day with a temperature of minus 40.

"I had an old blanket and the doors didn't quite shut tight," he recalls with a laugh.

When the city left got to Slinkard he and Marie moved to a 100-acre farm east of Saskatoon where they



Al and Mary Slinkard in July 2010 were given the Pulse Legacy Award by Food City Canada and the Sask Pulse Growers. Slinkard moved to Saskatoon in 1953.

would stay for 30 years.

"He got educated to country life," he says of the woman he called a "city girl."

In 1966, Slinkard suffered an aneurysm and stroke. They had to move back to Saskatoon. The couple's son Ray now lives and grows crops at the farm. Their oldest, Bill, works at the farm. Their oldest, Bill, works at the farm. Their oldest, Bill, works at the farm. Their oldest, Bill, works at the farm. Their oldest, Bill, works at the farm.

mean, while their youngest daughter Roberta works at the Co-op in Rosetown.

Marie, whom he calls "mom," gave Slinkard a dash of his famous pulse passion — one season of maple walnut and one of strawberry. They moved into a comfortable apartment in Saskatoon's Preston Park retirement complex in April. Fridays are ice cream days. Pears are straggled

around two arm chairs in the living room, while a variety of potted flowers decorate their south-facing balcony.

"The couple recently celebrated their 60th wedding anniversary."

"I told her the other day I'm going to keep her for another 50 years."

In July Slinkard was presented with the Pulse Legacy Award by Food City Canada and the SFG, its org-

nization he helped found with John Bushan. Bushan, a special crops specialist who died in 2006, got a group of farmers together in the mid '60s to have the original auction that would represent pulse growers by researching, developing and marketing crops, and creating demand worldwide. Today SFG represents about 25,000 pulse growers in the province.

Continued on Page 14

I saw all this agricultural land, 45 million acres, and only a handful of people working on crop research at that time. I thought, 'man, there's a lot of potential here.' - Shinkard



Alfred Shinkard today shares his people's gratitude for a dinner in his honour, where he was presented with the Pulse Crop Award of Excellence, Club in Innovation Place. PHOTO COURTESY STEVEN PHOTOGRAPHY

Thanks says Shinkard, who is now likely the world's leader in pulse crop development, pea and lentil production and exporting, quite an enviable spot. Other producers in Australia and the United States strive to compete with Saskatchewan, often sending researchers here to study.

"That is amazing, because we didn't even grow pulses previous to when Al introduced them," he says.

Mead is a farmer near Rosthern, southeast of Regina. He first met Shinkard as a student at the U of S in 1979. Mead was newly dating his stationer class when his professor got sick. Shinkard filled in.

"Two classes with Al and I suddenly under stood lots about statistics. I went from thinking to getting an A. Al was the guy; he just had a way of explaining things that clicked with any mind."

Mead later worked for Shinkard's Agri culture as an agricultural representative. He was based in Rosthern then a hub for the new lentil production. He turned to Shinkard often for clear and concise explanations.

"Al was the fellow that you called when you didn't know what was going on, which was quite frequently. His was absolutely wonderful that way. He always had time for you."

Now now that he's retired, he's still someone that you can turn to and get information that's very useful about crop development," says Mead.

Shinkard's rewards didn't stop at lentils. He continued to work in pea development (another large export market for Saskatchewan), along with chickpeas. He retired from the U of S in 2004.

Not one to sit still, he began a project on space breeding. Shinkard developed several varieties (bars of broadbean, two coarser and one variety of lentil) suited for growth on the Prairies. Throughout it all, he was always able to connect the science with the people who could benefit from it.

"Al played the vital link of getting science (real people) together. The lentil production might have had more to do with him than anyone," says Mead.

alshinkard@usask.ca

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BRITISH FOLK SONGS

History lives in Tutty's sweet songs



Saskatoon folk artist Paddy Tutty plays her sweet-sounding concertina made by Charles Jeffries in England in 1824. Tutty's photo by MICHAEL KILTS.

By Ashley Martin

Many songs tell a story but few are so epic as Paddy Tutty's.

Even though some of the traditions at folkfests the stage have a pair of 46 strings, the Saskatoon folk singer

doesn't have a problem remembering the lyrics.

"You learn the story and at least it's logical," she says with a laugh. "And actually many of these ballads are from oral traditions so they were always sung without having a lyric

sheet or anything, they were told like stories."

"In some ways non-narrative songs for me are harder to learn than ballads just because they don't tell a story and they're not necessarily logical."

Tutty graduated to traditional British folk decades ago, the music of her ancestors who had fled from England, Ireland and Wales.

And in 2008, when she began researching her family's genealogy, music and history collided.

"I was kind of in this headspace of 1860 and looking at all these old records online ... On one hand I'm doing all this genealogy and on the other hand I've been playing all this music for ages, but none of it kind of felt home a bit more."

Many of those ballads are from oral traditions, so they were always sung without having a lyric sheet or anything; they were told like stories — Paddy Tutty

But it was a Jack Mitchell concert, and not a hockey concert, that offered Tutty her first introduction to one of her favoured instruments, the fretted dulcimer.

Years ago, "I was at the last row of the third balcony in TSN Place, which was called the Concorde Auditorium at the time, and seeing Don Mitchell and she had a dulcimer." It sounds like a bright-toned, higher-pitched guitar but it's played on the lap.

The concert was a sweet sounding accordion-like instrument, its southern favourite and guitar is always on standby.

Tutty's old style and new technology for the first time in recording her let it bloom. The Last Ballad, with ex-guitar Paul Dillan. It was released this month.

It's her sixth album, but her first done digitally. She first recorded an analog producer last Thursday 10 years ago and has been collaborating with

other musicians in the time since.

"You remember old analog? No one does. Analog was recording on actual magnetic tape, two inch magnetic tape with different channels."

As technology has changed, so has Tutty's approach to the music cover she started in the early '80s.

"I'm not 30 years old anymore," she says. "I had a lot of blind auditions when I started doing this too. You're just going to go and you just do it. I did that probably for 30 years, that kind of crazy crap. You'll play anywhere, I will go and get paid. The problem is it was \$30-\$50 per gig, it's still \$30 and that's not what the rest of living is anymore."

That said, she plans on getting around Saskatchewan soon. She can catch Tutty at Saskatoon's The Basement on Nov. 2 as she opens for David Rieger.

She's due for a show at Regina too, though nothing has been scheduled yet.



Paddy Tutty plays her guitar made by Reginald Peter Serechyn in 2010. REGINA PHOTO BY MICHELLE BRIGGS

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Click on the Raise-a-Reader logo for further information.

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email: marilyn.aherna@sk.literacy.ca



LEADER POST
The StarPhoenix

NEXT WEEK: What tips or advice can you offer other parents on potty training? Did you try the three-day method? Did it work? Email bridges@thestarphoenix.com

#PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

How do you ensure quality time in your family?



"(When) I come home from work, I wash is the approach in our household as when we're going to come home. (It's) considered 'appoint time'."
—Adam Gerson

"My time that we can together as a family is quality time, whether it's just sitting down to a meal together, watching a movie or going for a walk. It's important to make time for the family as everyone has such busy schedules."
—Claire Gosselin

"Plan the 'date' parent!"
—Paul McNeil

"Ensuring quality time in our family is difficult but important. We take our kids out camping pretty much every weekend from May to September, which definitely ensures the time we have together is quality. Every night we try to eat supper as a family so that we can check in with each other. My weekends are reserved strictly for my kids and activities with friends and/or family."
—Michelle Goodrich

"We live watching movies on our laptops. We all get to 'snuggle' in our time."
—Linda Howard

"Make sure nothing else is allowed to get in the

way — other people can wait. Family is the only family one ever gets. As for work, ensure that it's done before a family movie, so one can devote time and attention to FAMILY!"
—Lisa Bock

"It takes a bit of planning whether it would be dinner night or a going somewhere. But the key is that you just make the time. Household can wait. The phones are put away. Family is more important than anything. We are the example that regular time spent together is a just a normal part of our life."
—Alissa Gonzalez

"We play board games and do regular movie nights with popcorn and fix."
—Julia Zink

"Supper is always around our supper table, we try to involve everyone in the meal from what to have to cleaning up. Movies and popcorn with cuddling along with weekend holidays are family oriented."
—Jacquie Oliver Horvath

"Taking together as a family is our favourite time to spend in with each other. We have so many good laughs and many interesting discussions. The supper table is a no-phone-zone!"
—Bernie Wilkins

Authentic Amish Cooking



Pumpkin Custard Pie

1 1/2 C. Pumpkin
2 T. Flour, rounded
4 Eggs
1 T. Vanilla
Dash Salt
1/2 C. Sugar
1/4 t. Cinnamon
1/4 t. Baking
4 C. Milk



Beat eggs and beat yolk with milk. Turn beat egg whites and add to all the other ingredients. Stir well. Add egg yolks and milk to pie mixture. Stir well. Put in 9x13 inch pan. Sprinkle cinnamon on top. Bake at 350° for 10 minutes. Reduce heat to 325° and bake until done. Yield: 2 pies

Potato Ham Breakfast Casserole

1 C. Shredded Potatoes
2 C. Ham, chopped
1/2 C. Swiss Cheese, shredded
1/2-1/3 Breadcrumbs
1/4 t. Pepper
1/2 C. Butter, melted
2 C. Shredded Cheese
1 med. Onion, chopped
4 eggs
1/2 Salt



Preheat oven to 350° and butter and sides of 13 x 9 baking pan. Divide with butter. Bake at 425° for 10 minutes. Cool for 10 minutes. Combine ham, cheese and green pepper. Then pour into potato shell. Combine eggs, milk, salt and pepper. Pour over casserole. Bake at 350° for 15-20 minutes. Let stand 10 minutes before serving.

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↑ FALLALITY
The dress is a black and white patterned dress, and it is perfect for the fall season. It is perfect for the fall season, and it is also perfect for the winter season. It is perfect for the fall season, and it is also perfect for the winter season.



↑ FALLALITY
The dress is a black and white patterned dress, and it is perfect for the fall season. It is perfect for the fall season, and it is also perfect for the winter season. It is perfect for the fall season, and it is also perfect for the winter season.



↑ NEW MAKEUP
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The dress is a black and white patterned dress, and it is perfect for the fall season. It is perfect for the fall season, and it is also perfect for the winter season. It is perfect for the fall season, and it is also perfect for the winter season.



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EYE CARE and YOU

One in four school-age children has a vision problem

by Darla Reid

for VSP Creative Features

In a "visually demanding world," the Saskatchewan Association of Optometrists (SAOC) can't emphasize enough the importance of early eye examinations for children. Dr. Dorothy Barrie, SAOC Past President and Children's Vision Initiative Chair, reports that only about a third of parents of children aged five and younger are bringing their children in for eye exams, and says that's a problem.

According to last year's Saskatchewan Health statistics, less than 40 per cent of children under the age of five received an eye exam, and less than 10 per cent under the age of three. And in fact, Barrie recommends infants have their first eye examination between six and nine months of age.

"Children should then have at least one eye exam between the ages of two and five

and yearly after starting school until they are 19," says Barrie. Optometrists recommend adults have an eye exam every two years, and annually for those who wear contact lenses, have health conditions that affect the eyes and those over 40 years of age.

"Parents can often tell if there is a health problem with their child, but they often can't tell how well their child sees," she explains. "A comprehensive eye exam provides the full assurance of vision and eye health that a simple eye-chart test or school vision screening cannot."

She says parents often think their children need to know their ABCs to go for an eye examination, but Barrie says that's not the case.

When infants are examined, optometrists will determine if their eyes are healthy, if eye movements and alignment are developing properly, and if the eyes are focusing together

Visual development continues into the toddler and preschool years.

"It's important to remember that your child cannot describe how they're seeing because they have no point of comparison," says Barrie.

"Many vision problems in children have no obvious symptoms, and one in four children have some form of vision problem — something the child may not accept as normal, assuming other children see the way they do. Because of that, they may not tell their parents, or even know to tell their parents, that something is amiss."

Though not all vision problems have obvious symptoms, some of the more common signs something is wrong with a child's vision include headaches or irritability, avoidance of near or distance work, covering or rubbing the eyes, tilting the head or unusual postures using a finger to ascertain place while reading, losing their place while reading,

skipping or confusing small words while reading, or performing below their potential.

Additionally, 20/20 distance vision does not necessarily equal healthy eyes or that there isn't binocular vision issues, says Barrie. "Children may have one eye that is doing most of the work."

Children are naturally adaptable and therefore will compensate unknowingly, explains Barrie. Called "suppression," the brain intentionally shuts off the image from the blurred or misaligned eye, causing the visual cells for that eye to poorly develop and remain small and immature.

"If not detected at a young age, it becomes permanent," warns Barrie. "The child through adulthood will have a permanent visual impairment that cannot be corrected with glasses or surgery."

Since an estimated 80 per cent of learning is

Continued on next page

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Our parents always told us that we need our eyes checked regularly, but is it necessary? What if we already see fine?

An eye exam is something you should consider as part of your overall healthcare routine. Depending on your age and medical conditions you may require your eyes to be checked every one to two years. If you have diabetes or other risk factors you may need more frequent visits to catch problems early.

Even if everything seems fine, changes to your eyesight often occur gradually and you may not realize what you are missing your prescription may have changed or you may benefit from corrective lenses when you've never needed them before. In addition, an Optometrist can evaluate your eyes for serious vision problems such as glaucoma and cataracts. Glaucoma has virtually no symptoms early on and without early detection can result in blindness. Regular eye exams will ensure the disease is treated before vision loss occurs. If you or any of your family members complain of sudden blurry vision or problems focusing, the sudden appearance of floaters, flashes of light or obstruction of vision, gradual blurring of vision, headaches, eye pain or strain, squinting, or eye infection, it is important to book an appointment with your Optometrist even between your regular visits as these can be indicators that your prescription has changed or of more serious problems.

Broadway Optometry is accepting new patients at 1005 Broadway Avenue. Book your appointment by calling 306-979-9430.

OCTOBER IS EYE HEALTH MONTH

Less than 40% percent of preschoolers have had eye exams

Continued...

visual, it's crucial a child has eye examinations — especially when they are influenced daily by technology, spending far more time in front of computers, handheld devices, white boards and television screens, says Barrie.

"Eyes tire. Eyes dry out," explains Barrie. "You don't expect to run a marathon every day, but we push our eyes to make thousands of eye movements every day which can lead to eye strain and fatigue."

Barrie also warns against buying glasses online from an unregulated source.

"It's too easy for a reason," she advises, noting almost half of eyewear ordered online failed at least one parameter of optical or impact testing, according to a recent study. She recommends buying and getting fitted for glasses from a licensed optometrist or optician who can confirm the prescription ordered is accurate.



"Your child's optical prescription is only one piece of information that will be used when determining the best eye wear," says Barrie.

A trained and regulated optometrist or optician will ensure the frame is appropriate for the child's facial features and activities, ensuring the frame sits level on the child's bridge/nose and is properly positioned so they do not slip out of position with head

Dr. Dorothy Barrie, chair of the Saskatchewan Association of Optometrists' Vision Initiative, performs an eye exam on a young patient. Only an eye exam by a Doctor of Optometry can assess the quality of a child's vision and their overall eye health.
(Photo Jeff Lyons/SaskPhoto)

movements. A proper fitting will also mean there won't be red marks and marks on the nose or behind the ears after a few hours of wear — all things parents might not see out of the glasses are purchased online.

The same goes if parents are purchasing contact lenses online for themselves or their children.

"Lenses that are sold online may not

be regulated and meet the criterion for a Canadian Medical Device, and therefore may not be approved for distribution in Canada," says Barrie, noting that there have been reports of contact lens wearers experiencing eye health problems after purchasing lenses online.

Barrie says the bottom line is more children need to be receiving eye exams at a young age and hopes parents will take advantage of the fact Saskatchewan Health covers the cost of an annual eye examination for all children under the age of 18.

Furthermore, vision disorders are the fourth most common disability in children, notes Barrie.

"These visual and eye health problems can be detected and managed at an early age. The first step is having an eye examination at a young age." Think of it as a back-to-school pre-requisite.

Read is a Saskatoon freelance writer.

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#SWN VACATION DINNER — A FAIRY TALE BALL



ON THE SCENE

#SWN VACATION DINNER — A FAIRY TALE BALL



The Saskatoon Women's Network (SWN) held its annual Vacation Dinner on Oct. 3 at Pharo's Park. About 450 guests were encouraged to dress to theme at the Fairy Tale Ball. People mingled and visited the photo-booth over cocktail hour and later sat down to a three-course meal. Door prizes were awarded throughout the night along with a \$4,000 travel voucher. Women dressed as characters from popular fairy tales like Snow White, The Little Mermaid, Cinderella and the Little Red Riding Hood swirled around the dance floor. The 2014 Vacation Dinner was the 20th fundraising event for SWN, a group that provides opportunities for its members to develop personal and professional goals through networking.

1. The Saskatoon Women's Network sponsors (from left) Denise Kozicki, Joanne Kuchta, Margaret Box, Cheryl Wokarynen, Deb Muehler, Caroline Lund, Charlotte Prid, Chantal Derba, Karen Doka and Julie Zoschke.
 2. Carrie Klassen and Joanne Cavli.
 3. Loretta Gilly and Susan Gilly.
 4. Amanda Blawie, Jacinda Scott and Yang Dithering.
 5. Malory Guntler, Stacey Coates and Shannon Richards.
 6. Marla Whittier and Jeanette Heinen.
 7. Kim Mackintosh and Jocelyn Sader.

BRIDGES PHOTOS BY MICHELLE BERG

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Nuts About Nature At Beaver Creek Conservation Area



Hi ladies! My names Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Come on out and take a trail, nature awaits!

Guess what kids? You can send your questions to me at the address below

Dear Chip,
Do hummingbirds fly in flocks when they migrate?
Your friend Taylor



Have you noticed the large flocks of birds flying south these days? Many birds are leaving our area to spend the winter in warm places like Mexico and South America. Birds such as the Ruby-throated Hummingbird must travel to warmer regions to find the food they need to eat. Hummingbirds eat small insects and flower nectar, and you sure don't find those two food items here in Saskatchewan in the winter! Many birds, such as robins and geese, migrate in large flocks. Hummingbirds however do not. These tiny travelers fly solo until they reach the Gulf of Mexico. Here they will join with large flocks of songbirds to make the 800 kilometre non-stop journey across the waters of the gulf. An amazing feat for a bird that only weighs about as much as a ping-pong ball!

Send your questions to me at the address below then watch Bridges for the answers.

Your pal, Chip

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202 Fourth Ave. North

Offbeat Home w/ Balance
Vanzilla Tavern,
521 Broadway Ave.

Thursday, Oct. 10

Little Miss Higgins w/ The Whinnip Free
Broadway Theatre,
793 Broadway Ave.

Bark of the Bus
Crackers Restaurant and Lounge,
46-227 Pinchoux Dr.

Torchwood
Buds on Broadway,
817 Broadway Ave.

Gen-Premier w/ Miss Quincey
Vanzilla Tavern,
521 Broadway Ave.

Friday, Oct. 11

Left Off
Buds on Broadway,
817 Broadway Ave.

Plano Friday w/ Ray Stachursen
Just One Series: James Barones
and Tim Vachon
The Basement,
202 Fourth Ave. North

Dan McConnell Band
Army & Navy Veterans Club,
355 First Ave. North

Octoberfest with Ralph's Rhythm Kings
Fairfield Senior Centre,
12 Fairview Court

The Standards Trio
Marilyn Robinson,
3130 Eighth St. East

Dominic Antiquo & Company
Tad Town Tavern,
1330 Fairview Dr.



The Steel Wheels are at The Basement on Wednesday. **Wesley Harris**

Garth Emery
Tenika Nightclub,
1261 Albert Ave.

Jamies
Star's Place,
106-10 10th St. East

Saturday, Oct. 12

Left Off
Buds on Broadway,
817 Broadway Ave.

Rocka Series: The Boring Green Trio
The Basement,
202 Fourth Ave. North

Snapehat
Nakara Lofton,
301 Louisa St.

Dan McConnell Band
Army & Navy Veterans Club,
355 First Ave. North

Wayne Rogan
Marilyn Robinson,
3130 Eighth St. East

David Wilson w/ Nick Start Louie
Band and Blue Males
The Orion Events Centre,
241 Second Ave. South

Jamies
Star's Place,
106-10 10th St. East

Sunday, Oct. 13

Crash Kame w/ One Red Sonnet
Seaside/Dye
The Ocean Events Centre,
241 Second Ave. South

Tuesday, Oct. 15

Joe Satriani w/ Sit Down Sonnet
TCU Place,
35 22nd St. West

Ed Dave McLean
Buds on Broadway,
817 Broadway Ave.

SPECIAL EVENTS

They — Time for Toddlers

Oct. 9, 9:30 a.m., at Saskatoon Symphony Community Centre, 408, 408 20th St. West. With program: instructor Jennifer McAllister and selected musicians from the Saskatoon Symphony Orchestra. Realize a song, dance and play to live classical music. Designed for two- to four-year-olds and their parents.

Artistic Moon Bear Presentation
Oct. 5, 2 p.m. to 3:30 p.m., in the main theatre at Frances Morton-Lessner Library. A presentation from a representative of Animals Asia the documentary film *Capt of Shorne* and a reception to follow. This program reveals the efforts of the group, Animals Asia, in their attempts to rescue Asiatic moon bears from bile extraction farms in China. Admission is free.

Annual Family Business Day Dinner
Oct. 5, cocktails at 3 p.m. and dinner at 6:30 p.m., at the Hilton Garden Inn. Hosted by Canadian Association of Family Enterprise. Featuring a conversation with the Lattuce family: "One, Two, Three — Ready or Not: Welcome to Family Business." For tickets or information call 306-366-7888 or email saskatooncaf@csask.ca.

Speechreading and Information for the Hard of Hearing

Oct. 5, 23 Nov 13 and 27, 1:30 p.m. to 3:30 p.m., at Saskatchewan Deaf and Hard of Hearing Services, 3-511 First Ave. North. Hosted by the Head of Hearing Association. For information call 306-249-0267.

Annual Persons' Day Luncheon & Woven We'll of Fane Industries
Oct. 10, doors at 1:30 a.m. and lunch at 12 p.m., in the Estevan Room at the Hilton Garden Inn. Hosted by the Saskatoon Council of Women. Following the lunch, Mary Wrensen and Phyllis Ford will be inducted into the Saskatoon Council of Women's Hall of Fame. For tickets call 306-374-8572 or 306-272-9226.

Unleashing the Secrets: An Evening of Pennermill Activity
Oct. 11, 6:30 p.m. to 10 p.m., at the Western Development Museum.

A presentation and discussion by personal investigator with Invasive: Jeff Richards and personal researcher Ed Connelly learn about the technology that helps us gain evidence of ghosts and the history of mediums.

Fish Show

Oct. 12, 12 p.m. to 6 p.m. and Oct.

13, 10 a.m. to 5 p.m., at the Meador Temple, 1021 Saskatchewan Cres. West. Hosted by the Saskatoon Aquarium Society. Open to the public. Entry is free.

U of A Artist Quartet
Oct. 14, 2 p.m. and 7:30 p.m., at Third Avenue United Church. Their opening concert of the 2013-14 season. With guest violinist Arthur Kohn and William Baur in the duo. Hans Deason and Joel MacDonald, violist Heather Wilson and harpsichordist Renée de Moissac. Featuring works by Bach, Vivaldi and Mendelssohn.

Memorabilia Book Sale

Oct. 10-11, 9 a.m. to 5 p.m., at the German Cultural Centre, 180 Carlingway Ave. Hosted by The Canadian Federation of University Women. There will be thousands of books on all topics as well as CDs, tapes, videos and DVDs.

Men's Cooking Class — Level 1

Tuesday Oct. 19, 12 and 2 p.m., 4 p.m. to 6:30 p.m., at Green Westmount United Church, 556 16th St. East. Hosted by the Saskatoon Council on Aging and Saskatoon Home Economists. A small group of men gather to prepare meals that are simple, easy and quick to make. Many cooking experiences are based on information from *Unlived*. Simply a handbook prepared by Saskatoon Home Economists for adults assuming new responsibilities.

ART

Mandel Art Gallery

Through the Fall of 1950 Teddie Ores. East. Fall presentations, sponsored by Kromer Ltd., include *Revealing Modernity*, an examination of modern and contemporary art from the 1950s to the present; and *They Made a Day by a Day Here*, a survey of art production by 12 young female artists across the Prairies. The BBC Artists by Artists Membership exhibition, *GetLo*, features an interactive installation representing a wheat field by Cary Schwegel and his mentor, Bruce McEntombeau.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

The Gallery, Frances Merriam Library
Until Nov. 14, at 3022nd St. East. Inaugural Space by Cindy Irwin. Peter in An opening reception will be held Oct. 18 from 7 p.m. to 9 p.m.

Gordon Saultgrove Gallery
Until Oct. 10, at 191 Leland Building at the U of S. Swirls by E. Lynn Oliver and Collective Properties. Everything They Are by Taylor Malson. A reception will be held Oct. 10 from 7 p.m. to 10 p.m.

Artists on Tour
Oct. 8, 5 p.m. to 9 p.m., Oct. 12, 10 a.m. to 11 a.m., at YCU Plaza. More than 25 Western Canadian artists share their work. Original works are on display and for sale. Enter a draw for an artwork. Visit www.artsonstour.ca.

Scope Gallery
Until Oct. 12, at 200-205 Third Ave. South. Sculptures by Blake Ward.

SCVAP Gallery
Until Oct. 31, at 2023 Third Ave. South. The Pulse: Stated the Pulse. An exhibit showcasing many of the programs and services provided by SCVAP. Trained & Lived by Mission. Truismas: speak Oct. 21 and runs to Nov. 8. Testimony: challenge people's perception of the usefulness and beauty of discarded materials.

Gallery on Third, Watrous
Until Oct. 18, at 102 Third Ave. East, Watrous. Artists: Thelma Carls. No Story Too Small to Yield. Sponsored by Watrous & Arts Arts Council.

Durrell Bell Gallery
Until Oct. 18, at 425-102 21st St. East. New works by the artist. Among these new



Sketch 'House' #1 by Jordan Schwab is on display at AKG Gallery. Submitted photo

pieces are bronze casts of dogs, pigs, cows and horses.

AKG Gallery
Until Oct. 19, at 424 20th St. In Structures by Melanie Colomina and built to spec by Jordan Schwab. Through a series of drawings and installations that reference self-folding, Structure addresses the way in which we value or undervalue space, structures and processes, and built to spec persons different understandings of scale.

3302
Until Oct. 19, at 330 Ave. G South. Into-day light by Robert Yount.

Centre-East Galleries
Until Oct. 30, at The Centre. A display by Bridge City Artists, work by Barb Heidegger (The Saskatoon Potters' Guild, Maki Patel, Debbie Rumsen, Natalie Austin and displays from the Saskatoon Public School Board).

The Gallery/Art Placement
Until Oct. 31, at 328 Third Ave. South. Anonymous Heart: a life spent painting the

private landscape by Lorne Russell.

St. Thomas More Gallery
Until Oct. 31, at Saint Collège St. Boniface. Today, French Tomorrow and Other: Reducible Propositions, an exhibition by Dan Fortin. An absolutely shocking exhibit on the implications of fetaloid prophecies in the construction of the past, present and inevitable apocalypse. Featuring recent quotes from inconsequential writers, and supported by his leading and incomplete fossil information.

Watrous Library
Through October in Watrous. Autumn Splendor. Seasonal art by local artists. Sponsored by Watrous & Arts Arts Council.

Station Arts Centre, Beetham
Through October at 701 Railway Ave. Beetham: Canadian Immediacy by Unkay Arnold. It is an OSCAR touring exhibition.

The Handi-Weave Gallery
Until Nov. 7, at 409 Third

Ave. Merchman. Quilt-sensu, a play and mixed media exhibition.

A Wintry Gallery
Until Nov. 9, at 813 Broadway Ave. Word View. An exhibition of new work by Cathryn Miller made from discarded dictionaries and encyclopedias. A reception will be held Nov. 8 from 7 p.m. to 9 p.m.

Handmade House Show-
Until Nov. 30, at 710 Broadway Ave. Home Impressions: original watercolor paintings by Terry Lindberg.

Ukrainian Museum of Canada
Until Dec. 31, at 517 Seaside Cres. East Money, Seasonality & Power. The Paper Currency of Revolutionary Ukraine 1917-1920.

Deisenbaker Canada Centre
Through December at 101 Deisenbaker Dr. Tusk the Stag: The Story of Auro Gensiv. This in-haus produced exhibit encourages visitors to look beyond the controversy surrounding the Auro Gensiv, and focuses on

the history and accomplishments of Auro Gensiv.

Black Opus Gallery
Open through the winter at Heritage Auctions on Highway 2. After glow, a group show featuring fall vignettes and colours of the boreal Lakeland region.

THEATRE

Everyday
Oct. 15-19 in the John Mitchell Building at the U of S. A Canadian Theatre production. Written by Sarah Bell. A reimagining of the Oedipus/Corydon myth in a modern North American setting. The tale of everyday's descent into Hades and Oedipus's relentless attempts to bring her back to life.

Secret
Oct. 10-13 and Oct. 17-20 at The Refinery. Written by Alan Brown. A live film independent theatre production in the near future, Torch has been quarantined after testing positive for a nameless disease. His girlfriend, Elia, who has not been infected, makes the dangerous journey across the quarantine line to be with him. Warning: strong language, adult situations and nudity. Hered characters will be on stage.

Weir Under the Bridge
Until Oct. 11, 10 a.m. and 1 p.m., at Studio 101, 914 20th St. West. Written by Michael Weiskin & Claire Corle. The story of two young girls and their struggles to find peace when the world around them is at war. Best Friends Sex and Weir live on opposite sides of a river and are from very different cultures. One day of 1912 breaks out. Sex's cousin Michael decides that no one is allowed to cross the river anymore and breaks the bridge. For ages four and up.

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FASHION YXE

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★ REGINA FASHION

Joey Kuntz: Relaxed and refined

By Ashley Martin

Comfort is key for Joey Kuntz, but too much of a good thing can be bad for you.

As owner of JJ's Optical Gallery, image is always on his mind. He is always encouraging his customers to have fun and get out of their comfort zone when choosing new glasses. "I joke around with some clients saying it's not what you put on but what you can pull off."

He has the same approach to his own wardrobe. Of course, workweek days a week, feeling relaxed is a priority. "It's just about feeling comfortable with yourself and dressing in a way that makes you feel confident. That's it," says Kuntz. "And just take a little time to put things together. It takes just as long to look good as it does to look bad."

He sticks to a standard formula of jeans, button-down shirts and ties for most occasions.

"It's not much different than this, unless I'm gardening."

1 HAT: Custom leather trilby by English milliner Jill Carr. best: "It was dumb luck, I was shopping leather Trilbys. She does beautiful stuff. After about a week, 10 days she had it in the mail."

2 GLASSES: JJ's Optical. "It's not just a medical item, but it's what people are seeing. It speaks a lot about the person."

3 JACKET: From his girlfriend.

4 SHIRT: Perry Ellis.

5 VEST: Vintage. "I fell in love with this thing because of the buttons. Scottish thistles."

6 WATCH: G-Shock. "I've become a fanatic about the G-Shock because they're durable. They're more not just more reliable and they'll be with you longer than most of your friends. You wouldn't wear them to a formal occasion, but at least you can beat the be out of them and not care."

7 BRACELETS: "I had a little girl come into the office and she says, 'You wear an awful lot of jewelry for a man.'"

8 BAG: Online. "[My girlfriend] got tired of me doing everything for my kids. My mom, she said I got a messenger. It's actually a Baleno Anna bag. \$6-and-a-napped-as-ill feel."

9 JEANS: Monarchy.

10 SHOES: Steve Madden.



"It takes just as long to look good as it does to look bad," says Regine accessoriesman Joey Kuntz. (PHOTOGRAPH BY TONY FULFORD)

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 3 Christian offering
4 Company with a spokesman
5 Is a preferred dining room
14 Baseball club
15 Kinky speaker at the 1965 Democratic National Convention
16 1960s-80s PM
17 "Laugh in" series
18 In 1930s, famous "black" radio
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JANRIC CLASSIC SUDOKU

Level: 4/5
All in the blank cells
original numbers 1 to 9
each number can only
appear once in each row
column and 3x3
sub-grid. Use logic and
analysis to determine
the puzzle.
The difficulty level
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ASK ELLIE

Cheating woman deceiving no one but herself

Q: I recently cheated on my boy friend of five years with a guy I met for 10 days. I felt strange about it, because I was very interested in this new guy who pursued me.

He left for back home about 1,000 miles away. He says he's coming back for work in a few weeks and wants to see me.

I'm almost positive that guy used me as a booty call. I never went to go back to that dark, sleazy place again.

But I do want to see him face to face. I want to be friends with him, but I don't want things to get spoiled by having sex with him every time. How should I handle this?

Boaty in Maine
A: Are you trying to fool me or fool yourself? Or, play two sides by fooling your boyfriend, too?

You're expressed no remorse/ regrets about cheating on him, just upset at thinking you were used. You're also fulguring your desire to see Boaty Man again as seeking "friendship."

Ask Ellie



Get honest with yourself. You know he'll just want another quick hit, and you're risking a long relationship to go that route again.

The sleaze shows on both sides, unless you. It use this as a sign that you don't want to be with your boyfriend any longer and break off cleanly, or at the least, accept being a booty call, as a single woman who clearly is still attracted to this guy.

Q: My current law partner of five years and I are both 30. He owns the house, pays the mortgage and bills. I pay for groceries for us and his teenage daughter, and the cheating bill (obst. bill) what he pays.

I feel that as a fair share since only his name is on the property.

He feels I should pay more per month. Though my income is significantly lower and that it's a privilege to live here. But he'd be paying all his bills if I weren't here.

What's Fair?
A: If common law rules in your jurisdiction allow you a share of the house or support if you split, that's a financial factor to consider. Talk to a financial advisor once you know the legal facts.

But **REBATE** look closer at the relationship. His money grab appears petty since he earns much more. More narcissism is his "privilege" comment - you're either both lucky to be together or not.

Q: I've only known my boyfriend for two months and we started dating almost a month ago.

He has all the qualities that I appreciate in a partner, however I'm slightly put off by his extreme religious views. I expressed to him his

views. Before, we dated, that I'm spiritual rather than religious.

He's grown up in a strict religious household and has decided to return to his faith. Although I have no problems with his religious views, I feel as if I am getting pressured to convert to his faith.

He is decided to implement "rules" of being his girlfriend, which includes some unrealistic expectations of me.

Although we talk about this all the time, and he continuously tells me there's no pressure, I feel it's becoming too overwhelming.

I also realize that we get into a relationship quickly before truly getting to know one another.

He's an amazing person, but I'm afraid that his extreme religious views would affect our relationship.

I'm starting to doubt the longevity of our being together and wonder if I should just end things before it gets too serious.

Stressorified
A: Really check. You ARE being

pressured to convert. This will continue until you agree to do so.

The "rules" will get stricter because you're dealing with extremist views.

(Note: I do not know which faith he follows, but "extremist" in any faith calls for strict adherence, and often involves constant checks and monitoring of the outsider's compliance, to assure that you're not straying.)

Unless you had voluntarily decided to embrace his faith, it IS one-sided and will consume much of the relationship.

End this quickly. The longer you know it, the more hurt and offended he'll be, because he'll feel you're rejecting his faith, not just him.

Be diplomatic but firm. Say that you didn't know each other long, or well, and you realize he needs a true partner in his faith, which you can never be.

If he persists, cut off contact. This was a rash relationship and you need to end its intensity.

**Next week in
BRIDGES**

**Basketball guru
Michael Linklater
is breaking records
and stereotypes**

OUTSIDE THE LINES

Colouring contest

Each week Stephanie McKay creates a lovely illustration meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email it to bridges@gigglegiggle.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.

Last week's contest winner is **Namhey Maan**. Thanks to everyone who submitted entries!



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GARDENING

FALL WEED CONTROL

How to get a head start on controlling weeds

By Erl Svendsen

In early spring, some weeds begin flowering before all the snow has disappeared. How can this be?

Many of these spring-flowering weeds belong to the winter annuals group. Unlike the annuals we usually encounter and grow on purpose, the life cycle of winter annuals is offset by five or six months. They germinate in the early fall and produce leaves during winter in a compact, low rosette that overwinters in tact. As soon as the snow melts, they are ready to grow. Flower and set seed early in the year when temperatures may be too low for other, more desirable species to do the same.

They produce an abundance of seed, guaranteeing future generations since they start growing so early; they rob the soil of nutrients and water that would otherwise nurture your yard and garden plants.

One danger winter annuals face is that fall conditions may be too dry to germinate. But most weed seeds are very resilient and long-lived, and will wait their time in the ground until a more favourable year. The other risk is that with extremely low winter temperatures combined with little snow cover, they may die over winter. But the small, dormant plants are tough, and the benefit of development when there is little competition for space, water, light and nutrients outweighs the risks.

The best time to control winter annuals is before they have had a chance to flower and set seed. Since they flower so early, you're better off trying to control them in the fall.

Weeds are opportunistic and will occupy bare ground rather than trying for space in a crowd. Covering bare ground in a flower bed with mulch does an excellent job of prevention. There may be a few weeds that get established on the surface, but they should be easy to remove. Mulch also acts like a smothering blanket, preventing existing weed seeds in the soil below from germinating.



The tiny weeds (also known as shepherd's purses) that don't stay in the ground.

One of winter's annual weeds, the shepherd's purse. PHOTO COURTESY JIM MARRAS

Reeping your lawn healthy and thick helps to prevent weeds from getting established. Although, with a high enough weed pressure from outside your yard, a few may get established despite your best efforts.

Most herbicides work best when temperatures are above 15 C. The lower the temperature, the lower the plant's metabolic activity. So low on both counts and plants simply do not absorb enough chemical to cause

damage. So depending how late you have left things, it may be too cool for herbicides to have the impact you're hoping for.

That leaves the only other option: clean growth. In a garden, you may get away with using a hoe or cultivator. But in the lawn and mulched flower beds, you are limited to using a trowel or other small digging tool. The good news is that the weeds should be small with a small root

system making them relatively easy to remove.

- Common winter annual weeds**
- Common chickweed
 - Shepherd's purse
 - Common groundsel
 - Blackberry
 - Yellow-flowering orchid
 - Narrow leaved hawk's beard
 - Purslane
 - Black siskit

To see descriptions of these and other common Saskatchewan weeds and specific control methods, go to www.gardenshows.ca/sk/weeds and search for: (1) Weed Identification Guide; (2) Urban Guide to Weed Control; (3) A Guide to Reducing the Cosmetic Use of Herbicides in Saskatchewan.

This column is presented by the Sask Agriculture Personnel Society (sask.agpersonnel.net).

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Yard has blossomed since owner's childhood

By Ashley Martin

WHO? Ida Claude

WHAT? The backyard of her north Regina bungalow

WHEN? Claude moved back into this house 11 years ago. The house belonged to her parents and she grew up here.

The yard was nothing like it is today. The space was an all dirt mechanics' paradise, with cars always parked awaiting work.

"We still dug up old bolts and pieces out of the dirt," she says.

She wanted to create an oasis for her self and started working on the yard the first summer after moving in.

HOW? It started with little flower beds near the house and fence, which is made of wood from pallets. Claude got Virginia Crocker from a friend at her neighbour's and things expanded from there.

"It wasn't too much, just let grow and grow and every year there's a different change come on."

This year almost all of the flower beds were done in pink, her favourite colour.

It's always on the lookout for decorative accents. "This yard is full of little things. I have frogs, fairies and I just started with gnomes the last couple years."

One special statue is of a shih-tzu in honour of her deceased dog.

Pine seedlings were wild cherry, plum and dogwood cherry from providing a variety of privacy around the rock-path that encircles the yard.

As old church pews were waiting, and a fire pit was repurposed from an old sale.

The space is a constant work in progress. Claude wants to finish the back end of the yard, which is currently a mess of grass and children's toys. She'd like to tear down the old pews and get a doghouse. She is uncertain whether to install a gazebo or a swimming pool as the next step.

WHY? Even though maintaining a large yard is a lot of work, it pays off when Claude can tend down and write poetry on her favourite bench in the shade of the pine tree.

"It's just relaxing."

BRIDGES PHOTOS BY HRYM SCHLOSSER



SPACES



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SHARP EATS

DINNER FOR ONE

Zucchini Eggplant Lasagna is a healthy alternative

By Jenn Sharp

I've embarked on a multi-week nutrition challenge with a group of local eating friends. Like all challenges worth doing, it's easier said than done.

In this one, we eliminate basically everything sweet, dairy, wheat, legumes, starchy vegetables, high sugar fruits for two weeks. Then add in a new food group each week. We all keep track of our energy and weight levels, along with how our body reacts — both to the two-week detox and to the new foods. It's amazing what your body will tell you if you listen to it.

The problem for me at least, has been finding "challenge friendly" dinners that also hit the comfort food craving that inevitably arrives with fall. Hence, my take on the classic pasta and cheese lasagna dish. This version was adapted from my best camp instructor, Leggie Courtney's recipe.

I don't measure a whole lot when I cook. I like to throw in whatever feels or looks right and taste as I go. I so tried to give accurate quantities for the ingredients but if you're curious, add a little more or a little less to suit your own taste.

I like many others who have the challenge of cooking for one. In a past column, I spoke about doing and sharing (which I love and do often) but this time, it's devoted solely to cooking for one.

This recipe makes a big pan of lasagna, but that's good. When you have leftovers you can freeze individual portions for quick lunches or dinners. Plus, if you had a surplus of zucchini or tomatoes in your garden, this recipe is a great way to use them.

This dish is packed full of vegetables — it can get pretty close to cooked but the zucchini and eggplant give it a nice, dense texture. Let it sit for at least 15 minutes after you take it out of the oven. Both cheeses are allowed on our nutrition challenge so I legged my lasagna with just cheese crumbles — you can do so your grease and sausage! Mashed cauliflower or Parmesan.

The prep time on this is about 30 minutes then it needs to bake for about an hour so it's definitely not something to whip up after work when you're starving. However, I find cooking to be very therapeutic — a nice way to unwind after a long day. So when you have the time and the energy, it's definitely worth the effort.

Are you cooking for one? What are some of your favorite recipes? I'd love to hear them. jsharp@the-starphoenix.com or Twitter @JSharpEats



The perfect fall comfort food! This lasagna is full of vegetables and flavorful. PHOTOS BY JENN SHARP

Zucchini Eggplant Lasagna

> 300 grams ground chicken or turkey (you can also use extra lean ground beef)
> 1 lb. 3oz. Three Rivers Cornish On or olive oil

> 2 medium zucchinis
> 2 medium eggplants (I like the long ones but any because you can cut smaller things)
> 1 large white onion

> 3 green pepper
> 1 cup mushrooms
> 2 oz. 1/2 chives, garlic, minced (garlic powder works too). Get garlic big!

> 1 can tomato paste (15.5 oz)
> 1 jar tomato sauce (I like PG&G's Mamma's tomato and Basil sauce — if you have any ripe garden tomatoes left, skip them up and add them in as well)

> 1 to 3 tbsp. fresh or dried basil (thyme, oregano, whatever you like and/or have on hand)
> 2 tbsp. fresh ground pepper
> 2 tbsp. sea salt

> 1 lb. (500 grams) lean-fat Ricotta cheese

> Eggs
> 1/4 cup past cheese
> Grated Parmesan or Mozzarella cheese

METHOD

A. Preheat oven to 350 C.

B. Cut zucchinis and eggplant into thin slices, set aside. Finely chop onion, green pepper and mushrooms.

C. Add onion and half the garlic to a frying pan heated on medium with Canola or olive oil. Heat until onions begin to brown slightly then add green peppers and mushrooms. (You can also cook the green peppers and mushrooms in a sauce pan with 1-4 cups of water while the onion cooks, then add it all together.) Remove vegetables from pan and set aside, covered.

D. Add meat to pan with the garlic you set aside. Cook until browned evenly through and no pink remains. Don't overcook. Add vegetables along with herbs, pepper and salt. Mix thoroughly.



Fresh Salsicera Farm's "Meatier" produce. PHOTOS BY JENN SHARP

E. Move an eye measure to a Dutch oven or soup pot and keep at low heat. Add tomato paste, to taste sauce and fresh tomatoes. Mix thoroughly and simmer in summer while you prepare the cheese.

F. Stir jar of Ricotta with two eggs in a mixing bowl. Grate the cheese you'll be using for the top or have your past cheese ready. I find it works best if I set up an assembly line for the lasagna layers. I use your pot of chicken and veg under the pan and the bowl of cheese on the other side with a soup ladle and spatula nearby.

G. The chicken/veg mixture is your first layer in the pan. Follow that with a thin coating of the Ricotta cheese, then layer the eggplant and mushrooms to cover the cheese mixture. (This is your middle layer.) Repeat. Top it all off with your cheese of choice.

H. Bake covered for 30 minutes. Remove tin lid and bake for another 30 to 35 minutes. Let stand for 10 minutes before you dive in. Enjoy!

